June, 1928.

PRICE LIST

OF

Eustace Miles FOODS

For Health & Cure

FROM ALL AGENTS

CARRIAGE FREE ORDERS.

All retail orders are sent Carriage Free in Great Britain if of or over 12/6. Special terms are allowed to Shareholders of 5 or more Shares in the Company, Eustace Miles Foods (1921), Ltd. A good sample ORDER FOR 7/6, CARRIAGE FREE, would be:—

	s.	d.
1 lb. of "Emprote"	3	0
1 bottle of "Nutril"	0	9
¼ lb. (each of 4 kinds) of Soup Powders ...	1	6
¼ lb. of "Emprotonique"	1	3
"Protosavoury"	0	6
¼ lb. of Savoury Food	0	9
1 packet of "Dairycrisps"	0	6
"Quick and Easy Recipes"	0	3
[**Food Mill with this parcel, 5/8 or 3/- extra.**]	8	6

For full List of agents write to

THE EUSTACE MILES FOODS (1921), LTD., LONDON.

16 STORE STREET, W.C. 1,
40 CHANDOS STREET, W.C. 2,
4 THE EXCHANGE, PALMERS GREEN, N.
120 ACRE LANE, BRIXTON, S.W. 2, and
411 COLDHARBOUR LANE, BRIXTON, S.W. 2
219 KING'S ROAD, CHELSEA.

SOME USEFUL NOTES.

1. **"DAIRYCRISPS,"** the most popular Breakfast Food: crisp, delicious, sustaining, needing only milk or cream added: 10½d. and 6d.
2. The Company can now send **Boxes of Cooked Foods** (cutlets, sausages, etc.), at 3/6 or 2/–, to London and the Suburbs only. See under "Cooked Foods."
3. A Special **Sample Box** of most excellent **PROTEID BISCUITS** ("Training," Honey-Nut-and-Banana, "Digestive," Plain, and Nut-and-Fruit) is now supplied at 1/9 per lb.
4. **"HEALTH WITHOUT MEAT"** (over 20,000 copies already sold)—the standard guide to Food-Reform, revised throughout, with additional Recipes, 1/9 (post free, 2/–).
5. For a List of **150 "MILESTONES,"** the best and cheapest Booklets on Health and Cure (of Rheumatism, Thinness, etc.) and all-round Efficiency, write to the Book Department, 40 Chandos Street, W.C.2.

"EMPROTE" REGD

MAINSTAY FOOD SPECIALITIES

The chief Food of the Company is **"Emprote."** It is a pure Powder, which keeps well. It is ready for use without cooking. It is valued by thousands of Invalids and Healthy people (including athletes and brain-workers) of all ages as their main food-basis and staple instead of Flesh-foods.

GENERAL INSTRUCTIONS for the use of **"Emprote"**:—

1. For a complete meal, mix well from 2 to 3 heaped tablespoonfuls of "Emprote" in a breakfastcup say half full of boiling water. To give a creamy consistency, whip or beat the mixture with a fork or an egg-whip.
2. To make meatless foods (stews, broths, soups, sauces, gravies, porridges, puddings, etc.) or drinks (tea, coffee, cocoa, barley water, milk, etc.) *digestible, sustaining, and nourishing,* mix in smaller amounts.
3. For a Night-cap, or as a stimulant and digestible food in case of fatigue, mix 1 tablespoonful (or less) in a breakfastcup say half full of boiling water, and whip or beat with a fork or egg whip.

VARIOUS "EMPROTE" FOODS IN POWDER FORM:—

N.B.—All are ready for use without cooking. All make meals *sustaining.*

"EMPROTE": ... 1-lb. tin, 3/–; ½-lb. tin, 1/6; ¼-lb. tin, 9d. Larger tins:—4-lb. tin, 11/–; 7-lb. tin, 19/–; 10-lb. tin, £1 6s. 6d.

"EMPROTE COCOA" ... (delicious and nourishing): 2/6, 1/3, and 7½d.

"CREAMY EMPROTE" ... (rich in pure dried cream): 1-lb. tin, 4/–

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Wellcome Library

PAMS = P105

"DIABETIC EMPROTE" (the best Food-basis for Diabetes and Obesity): 2/6. Recipes and Hints on Diabetes and Obesity free, on application to Eustace Miles, M.A.

"LESSCARBO EMPROTE" ("Emprote" with the carbo-hydrate elements lessened): ... ... 1-lb. tin, 3/6.

"MALTED EMPROTE": ... ... 1-lb. tin, 3/6.

"EMPROTONIQUE" ("Emprote" with tonic properties; the best Tonic Food without reaction): 1-lb. tin, 5/-; ¼-lb. tin, 1/3

★**"PROTONNIC"** See "Emprotonique."

E.M. SAVOURY FOOD ("Emprote" with a delicious, appetising flavour): Mix 2 to 3 tablespoonfuls with boiling water, for a complete meal; for Savoury Sandwiches, mix with an equal weight of Butter or Margarine. 1-lb. tin, 3/-; ¼-lb. carton, 9d.

"AGAR AGAR" (Vegetable Gelatine): ... ... per oz., 6d.

"AEROGOLF TABLETS": (See Tablets) ... ... 6d. and 3d.

APERIENT FOODS.

"APERIOIL" (a pure oil, with elements to help digestion and elimination): ... ... 9d.

NATURAL LAXATIVE BISCUITS (containing "Emprote"): ... 2/9.

NATURAL LAXATIVE TABLETS: ... ... per carton, 1/6.

"APPETEX" (takes the place of Meat-Extracts: the best gravy and savoury Flavouring): 2/-

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BABY AND INFANT FOODS.

By far the best for laying the foundations of real Health. These foods have saved the lives of many children. For a little free advice about Infants and Babies, write to Eustace Miles, M.A.

INFANTS' FOOD: ... ... 2/6 and 1/3.

"EMVITA INFANTS' FOOD": ... ... 3/- and 1/6.

(For Babies' Food, see also "Dairycrisps," and "Emprote.")

"FINGERCRISPS": Infants' Food Rusks ... 2/- per box.

BAKING FOODS.

"BAYKEESIA" (the best nourishing Powder for Bread and Rolls: contains "Emprote"): ... 1/6 and 4½d.

"CAYKEESIA" (the best nourishing Powder for Cakes, Biscuits, etc.: contains "Emprote"): ... ... 6d.

"EMPROTE" BISCUITS and RUSKS.

These all contain "Emprote," and are packed in attractive, hygienic, strong boxes. All Biscuits (except Special Sample Mixed, Mixed, and Diabetic) are supplied in ¼-lb. cellophane-wrapped packets. For full Price List, free, write to the Company. Among the favourites are:

Present Prices:—

BANANA, COLONIAL, CURRANT, LUNCHEON, NUT-AND-FRUIT, PLAIN, SULTANA, and GINGER NUT ... ... at 1/6.

HONEY-NUT-AND-BANANA (H.N.B.), "DIGESTIVE," "TRAINING," and "WHEATEMPROTE" 2/-

SPECIAL SAMPLE BOX—containing "Training," "H.N.B.," Plain, "Digestive," and Nut-and-Fruit ... ... 1/9.

"EMPROTE RUSKS": ... ... 1/6.

"MALTED RUSKS": 2/-

"EXTRA CRISP": ... ... Per 4-lb. tin, 5/6.

★ The "Protonnic" can still be supplied, at the former prices.

BOOKS.—See page 7.

BREADS.

The best of all breads—nourishing, rich in natural Salts and Vitamins, with short crust, keeping well, non-irritating—is

"EMBREAD": ... ... 4½d. per loaf.
"SULTANA EMBREAD" (London and Suburbs only): ... 6d.
E.M. "FARMHOUSE BREAD" (London and Suburbs only): ... 3½d.
Write to the Company for the name and address of the nearest Local Agents.

BREAKFAST FOODS (containing "Emprote").

THE IDEAL BRITISH BREAKFAST FOOD

Crisp, delicious, sustaining: 10½d. (6d. per sample Box).
It costs less than 1½d. per helping.

E.M. "BREAKFAST FOOD": 2/- and 1/-. Milled, 2/2 and 1/1.
"BREKFEAST KERNELS": ... 2/4 and 1/2. Milled, 2/6 and 1/3.
See also "Emcrispa," "Emprote," etc.

BUTTER (VEGETABLE).

For mixing, Frying, and Cooking: 1-lb., 1/4.
2-lb. tin, 2/6.

CAKES (Proteid).

CHERRY, MADEIRA, MIXED FRUIT, SULTANA, DUNDEE: In oblong shapes, weighing about 1½-lbs. 2/- per Cake.
GINGERBREAD: ... ... 9d. per ½-lb.

"CAYKEESIA" (See Baking Foods.) ... ... 6d.
CINNAMON ESSENCE: ... ... 1/6.
"EMPROTE" COCOA: ... ... 2/6, 1/3, and 7½d.
"COFFICEREAL": (See Drinks.) ... ... 2/6 and 8d.

COMPACT FOODS. See "Emprote," Tablets, etc.

COOKED FOODS. For London and Suburbs only. See also Nut-Meat Pies.

GALANTINE, or RAISED PIE: ... ... 2/- per lb.
SAUSAGES OR CUTLETS: ... ... 3d. each.
BOXES OF SELECTED FOODS: ... ... 3/6 and 2/-
For London and Suburbs only.

"CREAMY EMPROTE": (See "Emprote.") 4/-

CRISP FOODS.

"EMCRISPA" (Delicious, nutritive, and non-irritating): 8d.
"LENTIL CRISPS" (Need no cooking): ... ... 1/9.
And see Biscuits and Rusks, "Dairycrisps," and Breakfast Foods.

CURRANT FINGERS: ... ... 1/8 per lb.; 5d. per ¼-lb. (cellophane-wrapped packet); 1d. each.
CURRANT TABLETS: (And see Tablets.) ... ... 3d.

"DAIRYCRISPS" (the most popular Breakfast Food): 10½d. & 6d. It costs less than 1½d. per helping.

DIABETIC FOODS.

Useful also for Obesity. Recipes and Hints free, on application to Eustace Miles, M.A.

"DIABETIC EMPROTE" (the best Food-basis for Diabetes and Obesity): 2/6.
"DIABETIC BISCUITS": Cinnamon, Ginger, Almond, Mixed: ... 2/9.
"DIABETIC SOUP POWDER" (highly nourishing): ... ... 2/6.

"DIGESTIVE BISCUITS": ... ... 2/– per lb.; 6d. per ¼ lb. (cellophane-wrapped packet).
And see Nuts (especially Pinekernels).

DRINKS.

"APPETEX" (For an appetising Savoury Drink): ... 2/–
"COFFICEREAL" (Containing "Emprote"): ... ... 2/6 and 8d.
"EMPROTE COCOA": ... ... 2/6, 1/3, and 7½d.
"NUTRIL" (Similar to "Appetex," but liquid): 5/–, 2/9, and 9d.
And see under "Emprote" (Savoury Food and "Protonnic").

"EMBREAD": ... ... 4½d.
"SULTANA EMBREAD" (London and Suburbs only): ... ... 6d.
These are not Diabetic Breads. See Bread.
"FARMHOUSE BREAD" (London and Suburbs only): ... ... 3½d.
"EMCRISPA" (Delicious, nutritive, non-irritating): ... 8d.
"EMLETS" (Tablets that make meals sustaining): ... 8d.
See Tablets.
"EMPRONUT" TABLETS: ... ... 3d.
"EMPROTE": See beginning of List (page 2) ... 3/–, 1/6, 9d.
"EMPROTONIQUE": See Protonnic ... ... 5/– and 1/3.
"EMPROTONIQUE": Tablets ... ... 3d.
"EMVITA" (Natural organic Salts and Vitamins in powder form): a supply for 21 days ... ... 2/6.
See "Salts."
"NEW EMVITA" (From an improved Formula): ... ... 2/6.
GINGER AND NUT FINGERS: ... ... 1/8 per lb.; 5d. per ¼-lb. (cellophane-wrapped packet); 1d. each.
GINGER AND NUT TABLETS: ... ... 6d. and 3d.
And see Tablets.

HONEY.

Pure Jamaica Honey: ... ... 10d. per pot.

HONEY AND NUT FINGERS: ... ... 1/8 per lb.: 5d. per ¼-lb. (cellophane-wrapped packet): 1d. each.
HONEY AND NUT TABLETS: ... ... 6d. and 3d.
And see Tablets.
INFANTS' FOOD: ... ... 2/6 and 1/3.
And see Baby Foods.
INVALIDS' FOOD: 2/–
LAXATIVE BISCUITS (containing "Emprote"): ... ... 2/9.
LAXATIVE TABLETS: ... ... 1/6.
LENTIL CRISPS (Need no cooking): ... ... 1/9.
"LESSCARBO EMPROTE": ... ... 3/6.
And see "Emprote."
MALTED EMPROTE: ... ... 3/6.
And see "Emprote."
MALTED RUSKS: 2/–
"MILESTONES": Five Series, of 150 Booklets altogether, on Health and Cure, Mind-Training, etc. (Write for a full List.) 6d. each (post free, 7d.). "Milestone" No. 30 is 1/–.

MILL (for milling Cheese, Nuts, Crusts, Stale Bread, etc.): 5/- (Carriage free, 5/8) and 2/6 (Carriage paid, 3/-). Recipes free on application to Eustace Miles, M.A.

MILLED "BREAKFAST FOOD": ... ... 2/2 and 1/1.
MILLED "BREKFEAST KERNELS": ... ... 2/6 and 1/3.
NUT AND FRUIT FINGERS: 1/8 per lb.; ¼-lb. packets, 5d.; 1d. each.
NUT BUTTER: ... ... 1/4 per lb.
See Vegetable Butter.
NUT-MEAT PIES. For London and the Suburbs ... 6d. and 1/-
NUT-MILL: 5/- (Carriage free, 5/8) and 2/6 (Carriage paid, 3/-).
See Mill.
"NUTRIL" (The appetising liquid Extract, for gravy and flavouring): ... ... 5/-, 2/9, and 9d.
See Drinks.

NUTS (SHELLED).

ALMONDS 3/-; **WALNUTS,** 2/6; **MIXED,** 2/-; **PINEKERNELS,** 2/6; **HAZELS,** 1/9.

OBESITY FOODS.

See Diabetes.

OILS.

NUT OIL: ... ... 5/-, 2/-, and 1/-
SALAD OIL: ... ... 5/-, 2/-, and 1/-
Oil for Rubbing into the Skin: large bottle, 7/6; small, 1/6.

"PROCRUMS" (Plain or Savoury crumbs, containing "Emprote"): ... ... 1/3.
"PROTOCARRAM TABLETS": ... ... 6d. and 3d.
See Tablets.
★**"PROTONNIC":** Now "Emprotonique" ... ... 5/-, and 1/3.
The Best Tonic Food, without reaction.
"EMPROTONIQUE" TABLETS: ... ... 3d.
"PROTOSAVOURY" (Excellent for Fritters and Sausages, and for Savoury Sandwich Paste): ... ... 1/-, and 6d.
Recipes free, from the Company.
RUSKS (Containing "Emprote"): ... ... 1/6.

SALTS (ORGANIC) and VITAMIN FOODS.

"EMVITA" (Natural "Salts" and Vitamins in powder form; need no cooking). A supply for 21 days ... 2/6.
"NEW EMVITA" (Similar, but from improved Formula) ... 2/6.
"EMVITA BISCUITS": ... ... 2/6.
VEGETABLE JUICE POWDERS (similar to "Emvita," but with savoury flavouring): for 12 days, 2/-; for 30 days, 5/-

SAVOURY FOODS.

"APPETEX" (The best savoury Meatless Extract, with delicious flavour; free from the toxic waste-products or extractives of meat; excellent for gravy): 2/-
"E.M. SAVOURY FOOD" ("Emprote" with a delicious appetising flavour: Mix 2 to 3 tablespoonfuls with boiling water for a complete meal; or add to Stews, Soups, Gravies, Sauces, etc. For nourishing Savoury Sandwiches, mix with equal weight of butter or margarine): 1-lb., 3/-; ¼-lb., 9d.
"NUTRIL" (Similar to "Appetex," but in liquid form, for gravy and flavouring): ... 5/-, 2/9, and 9d.
"PROCRUMS" (Savoury crumbs containing "Emprote"): 1/3.

★ The "Protonnic" can still be supplied, at the former prices.

"PROTOSAVOURY" (Excellent for Fritters and Sausages, and for Savoury Sandwich Pastes. Recipes, free, from the Company): ... ... 1/-, and 6d.

SODA PHOSPHATE POWDER (very finely ground): ... post free, 9d.

SOUP POWDERS.

All contain "Emprote," and need no cooking.

SOUP POWDERS. Onion Cream, Savoury, Mulligatawny, Pea-and-Mint, Lentil-and Onion, Celery Cream, Tomato Cream, Blended, 1-lb., 1/6; ¼-lb., 4½d.; sample, 1½d. Almond Cream: 2/-, 6d., and 2d.

"SUPPORTO": (See Tablets.) ... ... Tablets: 6d. and 3d.

TABLETS (Ten Varieties).

All are ready for use, and need no cooking. They form complete, compact meals.

"AEROGOLF": ... ... 6d. and 3d.

"EMLETS": ... ... 8d. per box.
Choice of Ginger, Chocolate, Plain, Vanilla, Mixed.

"EMPRONUT": ... ... 3d.

"EMPROTE": ... ... 2d.

"EMPROTONIQUE": ... ... 3d.

GINGER AND NUT: ... ... 6d. and 3d.

HONEY AND NUT: ... ... 6d. and 3d.

"PROTOCARRAM": ... ... 6d. and 3d.

SOUP TABLETS (Savoury, or Mulligatawny: for Export only): 3d.

"SUPPORTO": ... ... 6d. and 3d.

TONIC FOOD.

See "Protonnic": ... ... 4/- and 1/-

"VEGETABLE BUTTER":—for Cooking only ... 1/4. 2-lb. tin, 2/6.

VEGETABLE JUICE POWDERS: ... ... 5/- and 2/-
And see "Salts."

VITAMINS. See "Salts."

MISCELLANEOUS:—

BOOKS.

For full List, free, write to Eustace Miles, M.A. Among the most helpful and popular are:—

"HEALTH WITHOUT MEAT" (with 150 Recipes and Menus): ... 1/9) (post free, 2/-).

"LIFE'S ORCHESTRA": ... ... 2/6 (post free, 2/9).

"LIFE'S COLOURS": ... ... 2/6 (post free, 2/9).

All the above three by Mrs. Eustace Miles.

"KEEP HAPPY": ... ... 1/6 (post free, 1/8).

"SELF-HEALTH AS A HABIT": ... ... 5/- (post free, 5/4).

"DAILY HEALTH, or THROUGH THE DAY" (a guide to progress hour by hour): ... ... 3/6 (post free, 3/9).
With large Chart of 5 Minutes' Exercises.

"ECONOMY OF ENERGY": ... ... 5/- (post free, 5/4).

"MILESTONES": Six Series, of 150 Booklets altogether, on Health and Cure, Mind-Training, etc. (Write for a full List.) ... ... 6d. each (post free, 7d.).

QUARTERLY BOOKLET and PROGRAMME of LECTURES, Etc.

(with Health Hints, Recipes, etc.). Post free, for the year, 2/6. Single copies 6d. (postage 2d. extra).

SAVE MONEY, LABOUR, and TIME

BY CHOOSING FROM THESE

12 Ready One-Course Meals

(Recommended by the Eustace Miles Bureau of Health and Cure. Free advice on application).

Here are some alternative one-course Meals :—

1.—Cheese, with Biscuits (Bread, Toast, or " Embread ") and Salad.

2.—" Emprote " (mixed with Water or Milk—preferably hot—or with Coffee or Cocoa or Tea or other Drink).

3.—E.M. Proteid Soup Powder (mixed with boiling Water or Vegetable Stock), with one or two Plain " Emprote " Biscuits or " Emprote " Rusks, or " Emcrispa," or " Embread " toast.

4.—" Emprotonique " or " Malted Emprote," mixed with boiling Water, perhaps with one " Emprote " Biscuit or Rusk.

5.—Egg or Egg-Dish, with Bread (or Biscuit, or " Emcrispa " or " Embread "), and Butter, and Salad or (conservatively) cooked Vegetable.

6.—A few " Emprote " Biscuits (*e.g.* Plain, or Nut and Fruit, or Training, " Digestive," or " Wheatemprote," or H.N.B.), or " Emprote " Rusks.

7.—From one to two of the E.M. Proteid Tablets, with Fruit. Thus there might be one Ginger and Nut, or Honey and Nut Tablet, or two " Empronut " or " Protonnic " or " Sultana," or one " Supporto " or " Protocarram " or " Aerogolf," or two Nut and Ginger Fingers, or two Nut and Fruit or Currant and Nut Fingers, or two Honey and Nut Fingers ; or " Emlets."

8.—Nuts (Pinekernels, Hazels, etc., with Fruit (unless fruit is too acid for the individual) or Salad.

9.—Savoury Sandwiches, preferably made with " Embread "—(Recipes free on application), with Celery, Lettuce, Watercress, or Cucumber, etc.

10.—E.M. Breakfast Food, or " Brekfeast Kernels," or Milled Breakfast Food (q.v.), or " Dairycrisps " with Milk or Cream, and Fruit, or Green Stuff.

11.—Galantine, Raised Pie, Sausages, etc., with Vegetables or Salad.

12.—" E.M. Savoury Food," with boiling Water.

N.B.—The Main (Meat-Substitute) Dishes in " First Recipes " (post free, 1½d.), and " Quick and Easy Recipes " (post free, 5d.), and " Health without Meat " (post free, 2/- —150 Recipes), are easy to prepare, and make a complete meal with (conservatively cooked) Vegetables, or Salad, and perhaps a Biscuit or a slice of thin toast or " Embread " as well. Or see the List of Cooked Foods.

EUSTACE MILES FOODS (1921), LTD.,

16 Store Street, W.C. 1 (Wholesale and Postal Sales).

40 Chandos Street, Charing Cross, W.C. 2, and Agents (Retail Sales).